

The Center Post

Volume 24

JANUARY/FEBRUARY 2015

**The Enrichment Center
Hours of Operation:**
Monday—Thursday
8 am - 8 pm and
Friday 8 am - 5 pm.
919-776-0501

Happy New Year!

Our purpose
is to connect boomers,
seniors, family
caregivers and veterans
with meaningful
educational and
volunteer
opportunities; increase
their access to services,
benefits and resources
and offer tools to
manage health
and finances.

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information on...*

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SHOOT, AIM and CLICK

Digital Photography Tuesday, Jan. 6 and
Thursday, Jan. 8, 2015, 2 p.m. - 4 p.m. with
Instructor Mark Coggins. Learn to take
pictures (or better pictures) using digital
cameras. We will discuss equipment,
accessories, techniques and features you
should look for in a digital camera. To register
call 919-776-0501 ext. 2201.

ZUMBA gold! Get active with great people
at the dance party workout that moves at your
pace! Mondays at 6:45 p.m. \$10 per month. Or,
purchase our \$25 package and attend any of
the evening fitness classes! The first class is
always FREE. **Contact licensed ZUMBA gold**
instructor Cathy Andrew at 919-776-0501 ext.
2208. NOTE: Are you interested in a Zumba
Gold class on Thursdays at 4:00 p.m.?
Please contact Cathy Andrew.

Veterans Remembrance Group The
group will NOT meet January 2015. The group
will meet again Wednesday, Feb. 11 at 2 p.m.
All adults welcome.

Happy 65th Birthday! Medicare is
next...now what??? *Not sure what*
Medicare is, what Medicare costs and what
Medicare pays? Why are you getting so much
mail? What are your choices? Answers are
available! Thursday, January 15, 2015 at
6:00 p.m. Information is brought to you by
SHIIP, Seniors' Health Insurance Information
Program, a Division of the NC Dept. of
Insurance. To register and for more information
call 919-776-0501 ext. 2201.

Black History Program Friday,
Feb. 27 at 10:30 a.m. in the Diners Club.

Tai Chi by the Arthritis Foundation **with Instructor Peggy Rowles**

Classes for beginners Mondays and
Wednesdays, Jan. 21 - Feb. 25, 2015 at
10:45 a.m.

Classes for advanced Tuesdays and
Thursdays, Jan. 27 - Feb. 26, 2015 at
10:45 a.m.

Cost is \$50 for 12 classes, payable at first
class. Classes are suitable for all people with
or without arthritis or other health problems.
Registration required, space is limited.
Call 919-776-0501 ext. 2201.

A Novel Approach The group will
meet Tuesday, Jan. 13 at 12 p.m. at The
Enrichment Center to discuss **Second Sight**
by Judith Orloff. The book for the Feb. 10th
meeting is **Girls of Atomic City** by Denise
Kiernan. Registration is not necessary and the
group is open to the general public.

Living Healthy with Diabetes
A FREE workshop to help you take control
of your diabetes! Thursdays, Jan. 22 - Feb.
26, 2015 at 2:00 p.m. Living Healthy with
Diabetes is an evidenced based class
developed by Stanford University to help you:

- ⇒ Manage symptoms including fatigue
- ⇒ Use relaxation techniques
- ⇒ Eat healthy
- ⇒ Improve your communication skills
- ⇒ Use medication effectively
- ⇒ Monitor your blood sugar
- ⇒ Solve problems & set goals

Class size limited. To register call 919-776-
0501 ext. 2201.

SENIOR CENTERS ~ Experts at Living Well

corner

caregiver



Dear Family Caregivers,
Happy New Year! I wish you and your loved ones a happy, healthy, prosperous and fun-filled 2015. At this time of the year we all start reviewing our accomplishments in 2014 and thinking about how we can do better and be healthier.

Here are a few suggestions that I hope will help make 2015 a positive and helpful New Year.

- ♦ Delegate and say yes to offers of help.
- ♦ Get enough rest. Hire someone to help, or get help from friends.
- ♦ Make and keep preventative care appointments.
- ♦ Be kind to yourself. Put aside guilt, and remind yourself you are doing the best you can.
- ♦ Commit to doing at least one thing you enjoy or need every day.
- ♦ Take at least one caregiver class offered at The Enrichment Center.
- ♦ Get your loved one's important papers organized.
- ♦ Acknowledge what you do and join a support group.
- ♦ Plan for your own long-term care.
- ♦ Take advantage of respite care services.
- ♦ Thank others who have helped you during the year.

If I can assist you in any way with these suggestions, please feel free to call 919-776-0501 Ext. 2230 or email jwomack@leecountync.gov anytime.

~Judi, Family Caregiver Specialist



GIVE YOURSELF A BREAK and attend Powerful Tools Classes for Family Caregivers

Caregivers Mondays, 1:00 p.m. - 3:30 p.m. February 2, 9, 16 & 23, 2015. Classes are FREE and led by a trained facilitator. The Powerful Tools

for Family Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face. Tools learned in the six-class series: reducing stress, improving caregiving confidence, establishing balance, communicating needs, making tough decisions and locating helpful resources. Classes are FREE and led by a trained facilitator. For more information contact Judi at 919-776-0501 ext. 2230 or jwomack@leecountync.gov.

Grief Support Group Coping with a loss can be emotionally draining, mentally taxing and physically exhausting. Need to talk to someone who understands? Find others in the same situation. **Linda Moore, MSN, Facilitator** invites you to join the group the 2nd Thursday of each month at 1:00 p.m. Open to all adults. Sponsored by Rogers-Pickard Funeral Home.

Alzheimer's Support Group First Thursday of each month at 1:00 p.m. with **Facilitator Judi Womack, Family Caregiver Specialist**. This is an educational and mutual support group that provides a forum for families and friends of individuals with dementias to share experiences, information and coping skills. Open to all adults.

ANGELS— Angels Now Getting Empathy, Love and Support. **Facilitator: Gail Valentine**. All family caregivers are welcome to join us for fellowship, support and refreshments. We meet the 2nd and 4th Tuesday of each month at 6:00 p.m. at the Enrichment Center. Open to all adults.

Sanford/Lee County Stroke Support Group

Facilitator: Joy Phillips Murphy. Second Thursday of each month at 1:00 p.m. at The Enrichment Center. Open to all adults. *This group offers networking, education and motivation to stroke survivors and their family caregivers.*

Parkinson's Disease Support Group

Facilitators: Bob Brickhouse & Marge Kanning

Third Wednesday of each month at 10:30 a.m. Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers. Open to all adults.

Caregiver Time Out

If you are a family caregiver who needs a break from your caregiving responsibilities, **Caregiver Time Out** is an option for you and your loved one. This program meets Tuesdays and is staffed by our



Family Caregiver Specialist and volunteers. Participants socialize and participate in group activities and chair exercise. **This is a free program for family caregivers and is made possible by the National Family Caregiver Grant. Contributions are accepted. For more information contact Judi at 919-776-0501 ext. 2230.**

Let's travel!

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 Ext. 2201.



June 3 - 9, 2015 Boston, Salem and the North Shore

Includes a guided tour of the historical city of Boston, a visit to the JFK Presidential Library, guided tours of Lexington, Concord and Salem. More information available at the front desk.

Crafty Creators Homemade craft items will be for sale the first Monday of each month in the Diner's Club 10 a.m. - 11:30 a.m. If you are a Diner's Club participant and have a craft you would like to sell contact **Carole Nicely** at 919-776-0501 ext. 2205.

Bible Study Mondays at 10:30 a.m. with facilitators **Joyce Billings** and **Hubert Stacker**. Open to the general public.

Blood Pressure Screenings provided by Walgreens on the 2nd Tuesday each month at The Enrichment Center 10:30 a.m. - 11:30 a.m.

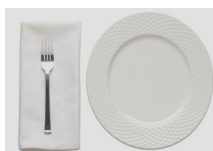
Low Vision Support Group welcomes you to their meetings on the 2nd Wednesday of each month at 1 p.m. The group was created for people with vision impairments (including Macular Degeneration) and their loved ones to discuss ways to cope with low vision. All adults welcome.

Yada Yada Sisters Meet the first Tuesday of the month at 5:00 p.m. *Our sisterhood is a network with other females in an exciting and stimulating group. We offer the perfect opportunity to receive support and encouragement from a sister.*

Income Tax Filing Available Beginning

February 2015 The AARP Tax-Aide volunteers are available to file your 2014 income tax return at The Enrichment Center. For complete details and an appointment call 919-776-0501 ext. 2201.

Home Delivered Meals



If you or someone you know is in need of a home delivered meal, contact **Laurie Draughn** at The Enrichment Center, 919-776-0501 Ext. 2213.

Diner's Club A daily celebration



Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better.

Menu selections include: Pork chop, chef salad, lasagna, marinated chicken, vegetables, fruit, bread, dessert and beverage. *If you are interested in having lunch with us call **Carole Nicely** at 919-776-0501 ext. 2205 for information and to register. Contact Carole if you have a change in your lunch reservation.*

JANUARY 2015 Programs at 11 a.m.:

2nd—Extra Bingo
5th—Crafty Creators, 10:00 a.m.
7th—Walking Club
7th—Laurence Poindexter singing & playing guitar
8th—In Memory of Elvis Presley's Birthday
9th—Extra Bingo
14th—Walking Club
14th—Miller Boles serving refreshments
16th—Laundry List of Tips
19th—CLOSED for Martin Luther King, Jr. Day
20th—Sassy Red Hatters, 10:30 a.m.
21st—Walking Club
21st—Proper Techniques in Hand-Washing, Westfield Rehabilitation
23rd—Games
28th—Walking Club

FEBRUARY 2015 Programs at 11 a.m.:

2nd—Crafty Creators, 10:00 a.m.
4th—Walking Club
4th—Laurence Poindexter singing & playing guitar
6th—National Wear Red Day
6th—Extra Bingo
11th—Walking Club
11th—Miller Boles serving refreshments
13th—Valentine's Day program
13th—Superstitions
17th—Sassy Red Hatters, 10:30 a.m.
18th—Walking Club
19th—"Gung Hay Fat Choy" May You Be Prosperous, Chinese New Year, Year of the Sheep
20th—Extra Bingo
25th—Walking Club
25th—Medication Compliance, Westfield Rehabilitation
27th—Black History Program (No Bingo)



The Enrichment Center
 1615 S. Third Street, Sanford, NC 27330
 919-776-0501 www.leecountync.gov/ec
 email: enrichment.center@leecountync.gov
Handicapped Accessible Facility
*June 2013 Re-Certified Senior Center of Excellence by
 the North Carolina Division of Aging and Adult
 Services.*

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Be sure to tune in to The Enrichment Center Radio
 Newsletter Monday through Saturday,
 11:35 a.m. on Life 103.1 WLHC-FM.

The Enrichment Center will be CLOSED
 January 1, 2015 for New Year's Day
 & January 19, 2015 for Martin Luther King, Jr. Day

**The mission of Lee County Senior Services
 is to fashion an achievable vision of successful aging in Lee County.**

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER

- ◆ If Lee County Government offices are delayed or closed, this includes Senior Services, COLTS and Veterans Service.
- ◆ Closings and delays will be announced on WRAL-TV 5, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXXL AM1290.

Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for JANUARY 2015:** 3rd Southern Exposure, 10th Bill Pollard Back Porch Country, 17th Trace Jazz, 24th Bill Pollard Back Porch Country, 31st The Fabulous Troubadours. **Bands for February 2015:** 7th Southern Exposure, 14th Bill Pollard Back Porch Country, 21st Trace Jazz, 28th The Fabulous Troubadours.

COLTS—County of Lee Transit System is a coordinated transit system that provides transportation services for the general public and human service agencies in Lee County. Passengers who are customers of a human service agency should contact the sponsoring agency to reserve their ride. Lift vans are available for physically challenged persons who are in wheelchairs or have mobility concerns. COLTS is funded through the NC Dept. of Transportation, the Federal Transit Adm., local resources and the general public. **For further details contact COLTS at 919-776-7201.**

Pot Luck Thursday, Jan. 29 at 6 p.m. in the Grand Hall. Fun, fellowship and food!

Nifty Noggins are stylish head coverings for cancer patients. Volunteers meet the second Thursday of the month at 10 a.m. If you are interested in joining the group or would like a head covering, **contact Carole at 919-776-0501 ext. 2205.**

Mexican Train Dominos meet the 2nd and 4th Tuesday, 12:30 p.m. - 4 p.m. **Facilitator Norm Findley** welcomes you to attend this easy to learn and most popular form of dominos! All adults welcome.

North Carolina Symphony Sunday, March 1, 2015 at 3:30 p.m. at the Dennis A. Wicker Civic Center, Beethoven's Symphony No. 7, David Glover, Associate Conductor. Tickets are available online at www.ncsymphony.org, The Enrichment Center and The Temple Theatre Box Office.